



CDT* Dosage Schedule (mg/day) for Fluoride Supplements

Primary Drinking Water Fluoride Concentration (ppm)

Age (years)	<0.3	0.3–0.6	>0.6
6 mos to 3	0.25	0	0
3 to 6	0.5	0.25	0
6 to at least 16	1.0	0.5	0

*Council on Dental Therapeutics

At a workshop held in Chicago February 1, 1994 consultants of the Council on Dental Therapeutics (CDT) as well as representatives of the American Academy of Pediatrics and American Academy of Pediatric Dentistry, agreed that the fluoride supplement dosage schedule should be lowered because of increased prevalence of enamel fluorosis. The main differences from the previous CDT schedule are as follows:

1. Supplementation starts at six months instead of at birth.
2. A dosage of 0.25 mg F is extended to three years of age (previously it was two years.)
3. A dosage of 0.5 mg F is extended from three to six years (previously it was from two to three.)
4. A dosage of 1.0 mg F is not started until six years, I.e., until the upper anterior teeth are already formed.
5. Supplements are not prescribed if the domestic water contains more than 0.66 ppm F (previously it was 0.7 ppm F).